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She is the author of the new book *The Emotional Eater's Repair Manual: A Practical Mind-Body-Spirit Guide for Putting an End to Overeating* and Julie M. Simon

The emotional eater's repair manual -

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Julie M. Simon is the author of The Emotional Eater's Repair Manual (3.87 avg rating, 39 ratings, 8 reviews, published 2012)

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